

# Fry Family Farm CSA Newsletter

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## This Week's Box:

- Salad Mix
- Red Leaf Lettuce
- Rainbow Chard
- Red Cabbage
- Onions
- Parsley
- Artichokes
- Carrots
- Blueberries (Pennington Farms)
- Cherries (Darrell Carr)
- FLOWERS: Rudbeckia

## Busy Farming...

Well, we hope you've all had a great fourth of July holiday! Some of our people are off on a much deserved coastal holiday for the week, what timing too, escaping the 100 degree temps! Meanwhile we are busy here with flowers and weddings. Apparently the "7-7-07" date is very popular with the brides, so we are picking our little brains out. Oh, and of course taking a little time to enjoy some festivities and fireworks.

The fields are alive with the sound of summer squash, zucchini, eggplant, basil, and peppers! Our summer favorites are all coming!

Next week at the growers market we are having KIDS DAY! On both Tuesday in Ashland and Thursday in Medford. Bring the kids on down for some fabulous summer fun! It's all about the kids with music, dancing, plenty to eat and drink and LOTS LOTS more!

## Red Cabbage and Warm Chard Salad

"This is a recipe inspired by a salad I had as part of a sumptuous feast at Adriatica, an exquisite restaurant atop Seattle's Queen Anne Hill," says Lise R. Bonin of Austin, Texas. "Both the view and the food made for a most memorable anniversary dinner for my husband and me several years ago." Active time: 20 min. Start to finish: 20

### Ingredients:

#### For balsamic vinaigrette

1 garlic clove, minced  
1/8 teaspoon salt  
1/2 teaspoon Dijon mustard  
1/2 teaspoon honey  
1 1/2 tablespoons balsamic vinegar  
2 1/2 tablespoons extra-virgin olive oil

#### For salad

1/4 cup pine nuts  
2 oz sliced pancetta or bacon chopped  
1 lb red cabbage, cut into 1/4-inch-thick slices  
1 Bunch Swiss Chard

### preparation

Make vinaigrette: Mash garlic with salt to a paste. Whisk together garlic paste, mustard, honey, and vinegar, then add oil in a stream, whisking until emulsified.

**Make salad:** Toast pine nuts in a dry large heavy skillet over moderate heat, stirring frequently, until beginning to turn golden, about 2 minutes. Add pancetta and cook until browned and crisp, about 2 minutes. Remove from pan. Cook cabbage, covered, until wilted and just tender, 10-15 minutes. Reduce heat to low and add chard, stirring gently until it just begins to wilt. Remove pan from heat. Add nuts and meat back in. Add vinaigrette and toss. Serve immediately.